

**Purchase Area Development District presents**



# AGING WELL CONFERENCE 2024

**Date:** June 28, 2024 **Time:** 9:00 AM – 3:00 PM

**Location:** Graves County Extension Facility  
4200 US-45, Mayfield, KY 42066



**Who should attend?**

**Seniors, family,  
caregivers, professionals**



Speaking by  
**Dr. Swanberg**  
*America's  
Minister of  
Encouragement*



**NUTRITION – MENTAL HEALTH – POSITIVE MOVEMENT**

*Info!*



**Door prizes!  
Breakfast!  
Goodies!  
Fun!**

**Speakers!**  
Topics include prediabetes,  
Alzheimer's & dementia,  
mental health, and  
emergency preparedness

**Chair yoga!  
Lunch!  
Resources!  
Silver Sneakers!**

This is a free community event. Register by calling (270) 251-6175 or scan the QR Code!



This project is funded, in part, under a contract with the Purchase Area Development District Area Agency on Aging, the Kentucky Cabinet for Health and Family Services, and Department for Aging and Independent Living with funds from the Administration on Aging of the U.S. Department of Health and Human Services.



## Conference Schedule

### 9:00 a.m. Registration

Breakfast Provided by PADD

### 9:30 a.m. Welcome

### 10:00-11:00 a.m. Morning Sessions

- **DeAnna Leonard, RN, BSN, LDE**  
Diabetes Educator, Purchase District Health Department  
**Topic:** "The Sweet Side to Aging: Knowing your risk for prediabetes."
- **Karen Ellis**  
Community Education Manager, Murray-Calloway County Hospital Geriatric Psych Health  
**Topic:** Alzheimer's & Dementia
- **Shelly O'Neal Baer, LCSW, SAP**  
Psychotherapist & Owner, Emerald Therapy Center  
**Topic:** Mental Health & Wellness

### 11:00 a.m. Lunch

Provided by Artisan Kitchen

Waldorf slaw, relish pick, Greek pasta salad, 3 Little Pig sandwich, chicken caponata sandwich, and cran-turkey croissant

### 12:00-1:30 p.m. Keynote Speaker

**Dr. Dennis Swanberg**

"The Swan"

Southwestern Baptist Theological Seminary  
"America's Minister of Encouragement"

### 1:30-2:30 p.m. Afternoon Sessions

- **Joe Reigens**  
Instructor & Trainer, The Gym Paducah  
**Topic:** Silver Sneakers
- **Suzi Renaud**  
Instructor, Paducah Parks & Recreation  
**Topic:** Chair Yoga
- **Cassy Basham & Issac Madding**  
Office Manager & Assistant, Camp GRAVES  
**Topic:** Senior Emergency Preparedness

### 2:30-3:00 p.m. Closing Address

Door Prizes and Satisfaction Surveys

If you plan to attend the Senior Emergency Preparedness session in the afternoon, please bring any documents you might like copied or laminated, such as insurance cards or policies.

Bring a jacket or blanket in case you get cold.

